

# COUPLES

# Self Care Workshop

February 10 \* 7 to 8pm

LEARN HOW TO EASE STRESS.

Pre-registration required. Space is limited.

Sign up for the ZOOM workshop online at: [bit.ly/couples-self-care](https://bit.ly/couples-self-care)

MCCS29PALMS.COM



MARINE & Family  
Marine Corps Family  
Team Building